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Surviving Winter



VULNERABLE: Thousands of elderly people will die in their homes in Essex and east London this winter.

SPREAD THE WARMTH FOR THE ELDERLY THIS WINTER

ELDERLY people suffering from the cold winter need more help from neighbours, friends and relatives over the festive season, charities have warned.

Housebound and cash strapped pensioners will struggle most to stay warm.

Age UK has joined up with The Red Cross and the Essex Community Foundation to offer Emergency Winter Warmth Packs funded by public donations.

Charities predict several thousand people will die in Essex and east London over the winter because they cannot afford to pay booming prices.

Paul Farthing, director of Fundraising at Age UK, said: "Through this year's Spread the Warmth campaign we are hoping to inspire

everyone to act now to do their bit to lessen the impact of winter for older people this year.

"There really is something simple that everyone can do to get involved in our campaign, from making a Big Winter Pledge to donating much needed funds so that we can continue to work with our partners to provide quality, targeted support for people in later life who need looking after."

The campaign and appeal has already raised almost £20,000 across Essex and east London and is supported by politicians and religious leaders.

The Yellow Advertiser is once again promoting the Surviving Winter Appeal.

Jo Murphy, from the Essex Community Foundation, which is running the Essex branch

of the campaign, said: "The huge amount raised is thanks to the generosity of local people who have made donations of all sizes.

"We are particularly grateful to the Yellow Advertiser for all their support in promoting the appeal."

To donate to the appeal, cut out and fill in the adjacent form inside the paper.

Older people and their families can call Age UK Advice for free on 0800 169 65 65, where they can also order a free copy of 'Winter wrapped up' with a free thermometer.

Packs are available for anyone over 65 on means tested incomes or benefits. The packs include non perishable food, blankets, socks, hot water bottles, flasks and cans of soup and beans.

■ Turn to pages 2 and 3 to find out more.

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INSIDE this week



**Panto
roundup**

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Yellow Advertiser

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■ Surviving Winter Appeal 2012

Help support the elderly

Readers are being urged to give support to the 2012 Surviving Winter Appeal to help elderly and vulnerable people cope through the harsh winter months. Caroline Taylor, programmes director for the independent charitable trust, Essex Community Foundation (ECF), which is linking with the YA for the campaign, said: "It is great news that the YA is joining forces with us this year in the campaign to bring much needed help to people at risk during the worst of the winter weather. The Yellow Advertiser will be a very strong partner for the campaign and we are confident that the Surviving Winter Appeal will be an even greater success this year." Age UK revealed that 3.5million pensioners do not get help or company from their neighbours and called on everyone to help. This is how you can help.

Surviving Winter



THE 2012 Surviving Winter appeal has been launched by local charitable trusts in east London and Essex.

Essex Community Foundation and its partner organisations in east London hope the appeal will raise £50,000 this year. Caroline Taylor, programmes director for the foundation said: "We are urging the generous people of Essex to support this campaign to bring vital help to people at risk during the worst of the winter weather."

"The Surviving Winter Appeal was such a success last year, raising more than £30,000 in our area, which exceeded all our expectations."

"A great number of people came forward with such generosity, giving their winter fuel allowance to the appeal, but there were also very many smaller amounts from lots of people of all ages."

"We are asking for an even greater response this year. Because we are linking with Age UK and the British Red Cross, we will be able to identify and help vulnerable individuals who are at risk and make sure they receive the right sort of help and support not only during the winter months, but also throughout the year. Winter can be a very isolating time and we have

already seen that conditions can be very difficult. Older people as well as others who are vulnerable are often afraid of going out."

"In Essex it is estimated that around 600 people died last year because of cold weather and poor living conditions. There are 250,000 people aged 65 and over in our county and they are particularly at risk during the winter, as 90 per cent of deaths at this time of year are in this age group."

"We know that elderly people are worried about the messages coming out about fuel prices and many of them fear they will have to skimp on heating their homes."

"We are very grateful to the generous people who have made donations to start off this year's Surviving Winter Appeal. Now we need more people to support the campaign to help safeguard the health and welfare of the people we all want to help protect, the elderly and vulnerable, so that they can keep safe and well during the winter months."

"Elderly people and others at risk can register through the Surviving Winter Appeal to receive warm packs and food packs to help them through



APPEAL: Caroline Taylor.

the cold weather."

The London Community Foundation said thousands would die locally this winter.

Eleni Joannou, community manager at the London Neighbourhood Group, said: "Every year, there are more than 2,000 excess winter deaths amongst

older people in London."

"These are older people dying from largely preventable conditions worsened by the cold weather."

For more details contact Essex Community Foundation on 01245 355947 or visit www.essexcommunityfoundation.org.uk

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■ Surviving Winter Appeal 2012

Get involved with appeal



Surviving Winter Appeal donation form

You can send a cheque, payable to 'The London Community Foundation' with 'Surviving Winter' written on the back.

In order for us to claim Gift Aid, please return this form to: **Surviving Winter, The London Community Foundation, 357 Kennington Lane, London SE11 5QY**

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You can also donate at www.survivingwinterlondon.org.uk

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Religious leaders support appeal

RELIGIOUS leaders have called for people to help the elderly survive Christmas and New Year.

The Bishop of Chelmsford, The Rt Revd Stephen Cottrell, said: "It's easy to take our comforts for granted. And during the cold winter months even a basic commodity like heating can be taken for granted. But for many elderly people, winter brings significant challenges of maintaining human contact, a warm home and balancing costs."

Rt Rev Thomas McMahon, Bishop of Brentwood, said: "I am very pleased to give my support to the Surviving Winter Appeal. We all know that the winter can be a difficult time for elderly and vulnerable people as they can become housebound and cut off from the wider community."

Spread the Warmth

AGE UK has kicked off its third annual Spread the Warmth winter campaign in Essex and east London.

Spread the Warmth runs until March 2013. Older people and their families can call Age UK Advice for free on 0800 169 65 65, where they can also order a free copy of Winter wrapped up with a free thermometer.

Alternatively they can visit www.spreadthewarmth.org.uk to download the guide, get more information about the Spread the Warmth campaign and find out where their local Age UK office or shop is.

There are lots of ways to help Age UK Spread the Warmth this winter. People can make a donation simply by calling 0800 169 87 87.

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Only 5 Days To Go

25 new millionaires to be made on Christmas Day

Twenty-five Brits will end Christmas Day a millionaire. The special draw will see all the £1 million prizes banked by players in this country.

The EuroMillions Millionaire Raffle draw will see 25 numbers drawn and each will be worth £1 million. All will be on EuroMillions tickets which have been sold in the UK.

Players should check the number on the bottom of their ticket against the numbers drawn on Christmas Day. If the three letters and six digits match then the ticket is worth £1 million.

The £1 million winners will be able to hit the sales after Christmas and treat themselves, and their family and friends too. With new technology top of most people's list this festive season a lucky winner could splash out on a Ipad mini for themselves and 3,700 of their closest friends.

A EuroMillions spokesperson said, "It will be amazing for players to find £1 million under their tree. It is a special draw for a special day, with 25 £1 million prizes as well as the multi-million pound EuroMillions jackpot. Every draw helps raise more money for National Lottery Good Causes here in the UK, so there will be lots of winners across the nation."

The public are being urged to get their tickets early for the draw. With many shops shut on Christmas Day, the clock is already ticking down to get a ticket. A spokesperson said, "Remember to ensure you get your tickets early for the giant draw. With presents to be wrapped, family to be fed and many shops being shut on the big day, plan ahead to ensure there could be a million under your tree."

EuroMillions Millionaire Raffle creates a guaranteed UK millionaire in every draw, every Tuesday and Friday. More winners are going to be picking up life-changing prizes throughout 2013. Just go into any National Lottery retailer and ask for a EuroMillions Lucky Dip.

The perfect gift

With 25 new millionaires being made and a giant EuroMillions jackpot up for grabs on Christmas Day here are Hector Riva's Christmas buying tips...

- Splash out on your very own island in the Caribbean paradise of the Bahamas. For £1.2m you could own Little Hog Cay – a 20 acre island with two of its own 75m white sandy beaches



Hector Riva reveals the giant number of millionaires guaranteed to be made on Christmas Day.

Big Day Essentials

With the day fast approaching the public are being urged to get everything ready for Christmas.

Turkey and tinsel may be front of mind, but it is the little things that make the

difference at Christmas. Get a EuroMillions ticket for yourself and friends and family and you could be ending this Christmas a millionaire or helping a loved one to celebrate.

Are you a Millionaire?

To find out if you are a Millionaire Raffle winner, or to check if you've banked the massive multi-million pound EuroMillions jackpot visit www.national-lottery.co.uk, call 0845 910 0000, download the The National Lottery Official App for iPhone®

from the App Store or visit any National Lottery retailer.

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- The most expensive blue diamond ever sold. At 6 carats and flawlessly cut it was recently sold at auction for £5m.
- Alternatively if you're just after a bit of fun with your £1 million you could buy entry into Alton Towers for you and 23,809 friends.
- Move in at The Royal Penthouse Suite at the Hotel President Wilson in Geneva. It will set you back £40,000 a night, so for a million you could stay for 25 nights



Puppy love

Guide dogs are a familiar sight in any town and a lifeline to anyone who is blind or partially sighted. YA reporter Suzi Muston spent the afternoon with the highly skilled trainers at the Guide Dogs Centre, in Woodford Green, to find out about the hard work and dedication that goes into the training.

PUPS spend the first part of their lives learning basic obedience, good social behaviour and how to have a relaxed approach to transport and town environments.

The training programme maximises the use of the positive reinforcement methods, where the dogs are rewarded for following new instructions with food, physical and verbal affection.

Staff said this is the most effective method of training and gives the pups confidence, much like a child.

Positive reinforcement methods also stop the dogs making errors.

The pups are taught to avoid distractions and possess an eagerness to please and a willingness to work.

Staff at the centre in Manor Road, Woodford Green, also use a methodology called 'intelligent disobedience' which means if they are given an unsafe command, they are taught to disobey it (for example, refusing to step out into the street when there is oncoming traffic).

Some of the skills guide dogs learn include leading a person in a straight line, stopping for kerbs and steps, stopping for overhead obstacles such as tree branches and avoiding obstacles



ALL YOU NEED IS LOVE: Trainers and their dogs prepare for training.

Picture by Roy Tillet

in their path.

In more advanced training, dogs are given the freedom to make errors. Instructors will always encourage the dogs to make their own decisions and praise them for correct choices.

Once the dogs have completed their early and advanced training and know how to guide, they are ready to enter class training. This is when a fully-trained dog is matched with a blind or partially sighted person, and trained either from home or on a residential class in a local hotel.

The dogs are paired with a person believed to be best suited to both their personalities, and they spend two weeks learning to work with their new partner in real life situations.

Qualification day marks the end of class training and a new

beginning for the partnership as they make their way in the world.

From work and school, to shopping malls, restaurants and the local park guide dogs lead very active lives.

When the harness is on, guide dogs are serious about their work, and focused on the safety of the partnership. When the harness comes off, however, the dog can relax and enjoy being a dog.

Most guide dogs work until they are around eight to 10 years old, but this varies with individual dogs and their lifestyles.

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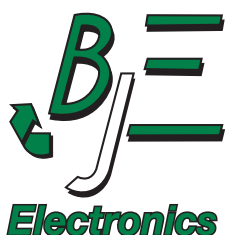
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It's panto time, oh yes it is!

By Liz Wade

THE GREAT thing about pantomimes is no one is ever too old to go, so it is at least one bit of festive fun that we will always be able to hold on to with the boys without hearing the usual moans of "I'm too old!"

In actual fact it was the boys enquiring about what pantos they'd be seeing this festive season that led us to enjoying a bit of Jack and the Beanstalk at the Queen's Theatre, Hornchurch, before another enjoyable night out in the audience of Cinderella at Thameside Theatre, Grays.

A truly magical scene awaited us at the Queen's Theatre thanks to an amazing stage design that set the mood for fun as soon as we sat ourselves down.

With an outstanding cast, supported by the efforts of a group of wonderful children, the story unfolded with a few

of the Queen's very own twists and turns, all of which led to lots of laughter, shouting and audience participation.

Simple Simon delighted with a performance that was at times reminiscent of the extremely funny Frank Spencer in Some Mothers Do 'Av 'Em, and just when I

thought I had seen the best panto dame costume ever, out came another, so I was eventually torn between whether I liked the toad in the hole ensemble or the tree design best.

Mix this with a 'real' giant that left kids' mouths gaping, fantastic songs and a great script, I would say (without giving too much away) that the panto is a must for families, or anyone else come to think of it.

Another one not to be missed is Cinderella at Thameside Theatre, which once again failed to disappoint and continues to prove that smaller venues can pack just as much punch.

I can quite genuinely say I laughed from start to finish thanks to its great cast including former Eastenders and Hollyoaks star,



CLIMB: The cast of Jack and the Beanstalk, who perform at the Queen's Theatre.

Gemma Bissix, who made an extremely funny Fairy Flustered - the best we've ever seen.

Add to this a great performance by former star of The Bill, Chris Simmons, as Buttons, some chart songs that everyone could tap their feet along to, plenty of jokes and the hilarious Ugly Sisters - Millicent and Muriel Hardup - and they were on to a winner as the curtain went up.

Our highlights included Millicent (played by Andrew Lazarus) sitting on the other half's lap during his entrance, and returning later to leave a rather large lipstick mark on his head - much to amusement of my youngest - a hilarious ballet scene, and a deflating pumpkin outfit that left Muriel and Millicent, as well

as the entire audience, in stitches.

While no pantomime performance is ever the same, thanks to the delights of audience participation and the inevitable mishap, I can genuinely tell you one thing that you will see at the Thameside Theatre - a production that is totally enchanting.

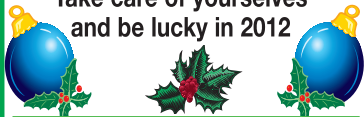
For further information about Jack and the Beanstalk at the Queen's Theatre, which runs until January 12, 2013, visit www.queens-theatre.co.uk or call the Box Office on 01708 443333.

For further information about Cinderella at Thameside Theatre, which runs until January 6, 2013, visit www.thurrock.gov.uk/theatre or call the Box Office on 0845 300 5264.

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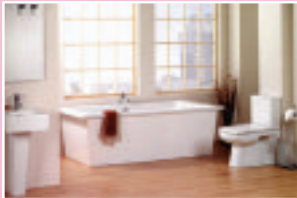
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Public Notices

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990 NOTICE UNDER REGULATION TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 NOTICE UNDER ARTICLE 8

The following developments affect the character or appearance of the relevant conservation area:

2551/12 Applicant: Mr. G Thamotaram-Pillai **Address:** 44, Parkway, Seven Kings, Ilford, IG3 9HU **Description:** New front porch. Pitch roof over existing garage to side. Replace existing pebble dash with render to all external walls. Mayfield Conservation Area

2528/12 Applicant: Mr. M Sait **Address:** 21, Morgan Way, Woodford Green, IG8 8DL **Description:** Removal of chimney breast. Erection of a two storey side extension to both sides of a detached dwelling. Woodford Bridge Conservation Area

2561/12 Applicant: Mr. N Ariacioglu **Address:** 1-2, Johnston Road, Woodford Green, Essex, IG8 0XA **Description:** New shopfront. Woodford Green Conservation Area

2536/12 Applicant: Mr. J O'Keefe, LBR Childrens Services **Address:** Barley Lane Primary School, Huxley Drive, Chadwell Heath, Romford, RM6 4RJ **Description:** New single storey classroom to replace temporary.

2426/12 Applicant: Mr. C Dulieu **Address:** 18, Billet Road, Chadwell Heath, Romford, RM6 5SU **Description:** Demolish existing garage. Two storey and single storey side and rear extension.

2623/12 Applicant: Mr. B. Ansell **Address:** Garage Block Adjacent 86, Holmwood Road, Seven Kings, Ilford **Description:** Demolish existing 11 garages and erection of one, three/four bedroom, detached bungalow.

Applications can be inspected at the Council's One Stop Shop, Ground Floor, Lynton House, 255-259 High Road, Ilford IG1 1NN between 8.30am-4.30pm Mondays to Fridays & 9.30am-4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Services within 21 days of the date of this notice. Fiona Dunning – Head of Development Management. Date: 20.12.2012. **DM No: AGR80102805**

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